

Fitness/Dance Classes

- ① indicates a beginner level class.
- ② indicates an intermediate level class
- ③ indicates an intermediate advanced level class

①Arthritis Foundation Exercise

Program- This exercise program focuses on joint health and the fitness needs of people with joint disease.

①Stretching, Strengthening and Balance

This program focuses on muscular strength and endurance and flexibility with a goal of improving fitness level and balance. Joint health and safety and fall prevention included. Chairs are used.

②Cardio Sculpt – This program will offer 15 to 20 minutes of aerobic work with a focus on specific exercises to strengthen and sculpt.

③Cardio Fit– This is a moderate to moderately heavy low impact aerobics program. Exercises will focus on the major muscle groups and strengthening the heart and lungs. 25 to 30 minutes of aerobic work is done.

Fitness Room – This is a **non-monitored room** with stationary bikes, treadmills, Airdyne bikes, recumbent bike and Cardioglides. Before you are able to use the room, **a physician clearance form is required and appointments with our personal trainer to orient you to the fitness equipment and develop an exercise plan.** *Not open to non-residents.*

Qi Gong – Sometimes spelled Chi Kung, these ancient self-healing practices emphasize deep breathing, focusing the mind and healthy postural alignment in order to increase energy (or Qi) and promote its natural flow through the body. Relieves stress.

Tai Chi- This practice is well established to promote balance, flexibility, range of motion, grace, increased energy and relaxation. Immune system function is also enhanced. Creates mind-body harmony.

Yoga-Simple yoga poses are used to focus on relaxation and flexibility. This program tones the body, improves flexibility, builds core strength and enhances balance.

Line Dancing- This program offers a variety of country line dancing steps and music.

Pickle Ball – this court game is a mix of tennis, ping pong and volley ball. Easy to learn and not a lot of running for those with joint problems. Played indoors at the center. Come give it a try!

Swingin' Stars- A performing dance group that consists of a variety of choreographed dances and styles. Need approval of instructor to participate.

Tap Dancing – Basic tap dancing with some experience. Need approval of instructor to participate.

Zumba Gold – This is Latin dance steps done to international beats. It is designed for seniors and beginners of all ages.

Music Programs

Piano Lessons - Private lessons for beginners through advanced students.

Silvertones Chorus - A mixed chorus with a beautiful, harmonious sound. Perform at center and other sites. Memorization encouraged.

Sunshine Chorus - This chorus takes you down memory lane and brings 'sunshine' to any gathering. Perform at center and other sites

Crafts

Arts n' Crafts – Paint, sew, bead, glue and generally have a good time. Easy to follow instruction and good company. Must be capable of working independently.

Beginning Sewing and Quilting – Learn all sorts of alterations and fitting techniques. Learn hand finishing and to use a sewing machine. A variety of projects can be done.

Card Making – Come learn and create handmade special cards for all occasions. It is a more personal way of sending your best wishes to those you care about. Look in Lifelines for schedule.

Ceramics – Paint and glaze your choice of ceramic green ware. Items will be fired in kilns at the center. Items to fit all abilities from beginner to advanced. Day and evening classes.

Jewelry Making: You will learn the basics of making beaded jewelry. The techniques you learn can be used to create a variety of projects and great gift items! Come and give it a try. Even the “craft impaired” will get great results!

Quilting – The quilting class provides a fun learning environment for all abilities. All types of quilting are offered. Personal projects can be completed as well as projects which are used for donations.

Plastic Canvas – Needlepoint on plastic canvas for beginners through experienced. Personal choice of projects.

Scrapbooking – Dig out all of those precious photos and preserve them in a special way. All skill levels, everyone helps each other.

Knitting & Crochet Group – This group makes items for people in the community who are in need. Learn from each other new & old techniques.

Cards/Games

Bingo – Bingo is a simple game but at the Senior Center, it is played with simple bingo and gradually going into more difficult and challenging options. Think of this as Bingo Aerobics for the mind.

Duplicate Bridge – Brush up on our bidding and play. Try new conventions and practice for your next tournament. Meet new and experienced duplicate players for fun and relaxation.

Instructional Bridge - For beginner to intermediate players. Come and learn more about the game and enjoy time to play.

Mah Jong – Come play this wonderful tile game. Beginners and novices welcome as well as experienced players.

Mind Aerobics - This is a thought-provoking, memory strengthening class that meets once a week for one hour. Students are given exercises to stimulate all areas of the brain. Field trips to places of interest are also included.

Pinochle – Single deck pinochle with 4 persons to a table is played. Small cash prizes are given to first, second and third place finishers. Pinochle meets every Wednesday afternoon and the first and third Monday evening each month.

Wii Bowling: Instead of wooden lanes and pins, seniors hit the virtual lanes using Nintendo's Wii Game System. No heavy balls to lift and no special bowling shoes. You pick up your Wii-mote and simulate the throwing of a bowling ball. The Wii Bowling Class is designed to encourage everyone to get active and stay healthy, something the Nintendo Wii set out to do.

Writing Class – Do you enjoy writing short stories, life stories or any kind of writing? Join our group on the 1st and 3rd Wednesday of every month.